



Camp Conshatawba

Camp Confirmation Packet:
Overnight Camp





Dear Camp Conshatawba camper,

We are so excited to welcome you to Camp Conshatawba this upcoming summer. We are proud of the planning and preparation for the many fun and exciting activities and programs we have this season. We are thrilled that you will be joining us to try new things, make new friends (and keep the old), gain leadership skills, and make incredible memories that you will carry throughout your lifetime.

Camp Conshatawba is a magical place where a Girl Scout can be her authentic and empowered self. It's the motto we use in everyday life and what we believe in every day at camp. This confirmation packet is intended to be read by you, the Girl Scout attending camp at Camp Conshatawba, and has been designed to effectively prepare you for your time at camp. If you have an adult helping you plan, pack, or do anything else to prepare for camp—read this packet together.

This confirmation packet includes important information that you will need to review before you arrive at Camp Conshatawba. Please be sure to read it in its entirety to fully prepare you for your camp adventure!

You will be sent the needed forms after your registration is processed. These forms are so important because they help us understand who you are, what you do and do not like, and what you're most excited for at camp. In the event you forget to submit a form, there will be copies available to complete at check-in. *These forms are required.*

See you at camp!

Camp Conshatawba Staff

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Summerhill, PA 15958

Getting Ready for Camp!

Preparation Checklist	4
Healthcare at Camp	4
Theme Weeks.....	5
Packing List.....	6
Needed Forms	7

Camp Procedures

Check-In and Check-Out Procedures	8
Living Accommodations.....	9
Emergency Procedures.....	9
Menu	10
Dietary Needs	11
Celebrating Birthdays.....	11
Electronics at Camp	11
Lost and Found.....	11
Mail	11
Swim Check	12
Photos and Updates.....	12
Trading Post.....	12
Trip and Travel Transportation	12

Getting Ready for Camp!

Preparation Checklist

There are many ways to prepare for the adventure of summer camp! Here are a few of our best tips and tricks to ensure you have the maximum amount of fun at Camp Conshatawba:

- Read and review this confirmation packet in its entirety—a Girl Scout is always prepared! This confirmation packet is intended for you, the Girl Scout, to read and review.
- Have conversations with your friends, family, troop leader, and others who can help you prepare for your upcoming adventure!
- Have a camping practice run to get prepared! Here are some fun activities to try out:
 - Pack an overnight bag (remember all the essentials—see our “Packing List” below).
 - Practice re-packing your bag to see if you can get it all to fit.
 - Have a sleepover or slumber party with a fellow Girl Scout, friend, or family member.
 - Practice setting up a tent, making your bed, and/or preparing your sleep space.
 - Keep a journal handy if you would like to document your adventure!
 - Enjoy a campfire dessert—s’mores are a camp staple!

Healthcare at Camp

All camp participants are required to complete their health history and medication information in CampDoc prior to coming to camp. CampDoc is the electronic health record system that Girl Scouts Western Pennsylvania (GSWPA) uses to track camper health information. Below is additional information related to healthcare at GSWPA camps:

- **What is considered a medication?**
 - GSWPA’s definition of medication is any drug deemed safe and effective for its intended use by the FDA, in addition to select dietary supplements, including multivitamins and melatonin. GSWPA will not administer any substance that contains Cannabidiol (CBD) or Tetrahydrocannabinol (THC). GSWPA reserves the right to assess each camper’s medication regimen and the camp’s ability to safely provide medication administration for each camper.
- **Does my camper need a prescription?**
 - All medications, including over-the-counter medications (per GSWPA's definition), are required to have a physician order (prescription) for them to be given at camp. This policy aligns with Pennsylvania State Law and the Pennsylvania Nurse Practice Act.
- **Prescription Medications**
 - GSWPA recommends that camp families send medications in pharmacist-sorted medication packs (med packs). This can be done by requesting med-packing through your regular pharmacy. Most of the major pharmacies in the region offer med-packing services at no additional cost to the customer. Med-packing is covered by most insurance plans. An additional resource for med-packing is Amazon Pharmacy.
 - If you are unable to access med-packing, the other option is for prescription medications to be brought to camp in their original pharmacy containers.
- **Over-the-Counter Medications**
 - Over-the-counter (OTC) medications will be accepted in their original containers as long as a physician order is present with the medication. Orders for OTC medications

must include the medication, vitamin, or supplement name, the dose prescribed by the physician, time of administration, why the medication is prescribed, and have the physician's signature and date on the order.

- **Rescue Medications**

- Rescue medications include (but are not limited to) medications such as inhalers, EPI-Pens, diabetes medications, and seizure medications. These medications will be in the possession of the camper's counselor and with the camper at all times. GSWPA's procedure for rescue medications instructs the camp nurse to collect all rescue medications and ensure the camp counselors understand when and how to use them.

As a reminder, the camp nurse will be on-site daily for overnight camps but not 24/7. Medications will be administered by the camp nurse or self-administered by campers under the supervision of camp staff. A nurse is not present on-site for day camp. Campers are encouraged to take their medications during non-camp times. Otherwise, medications will be self-administered by campers under the supervision of the camp staff.

If your camper has additional healthcare needs, please reach out to council prior to their camp session to ensure we are prepared to meet your camper's needs.

Theme Weeks

This year at camp, we will be celebrating each week with a theme! Please note which theme week you will be attending, and bring along anything you have that is relevant. Costumes, old uniforms, blankets, flags, games, hats, wigs, socks—the list is never-ending! Themes will mostly be present during our opening and closing campfires, and some activities will be based on the theme throughout the week. We hope to create lasting memories with you this summer! The camp director will be in contact closer to your arrival with more details about each week.

Week	Date	Theme	Details
1	June 14-19	Once Upon a Time	Fairy tales, Disney favorites, old folklore, and more this week!
2	June 21-26	Wild West	It's the Wild West at camp. Line dancing, lasso contests, and cowgirl flair!
3	June 28-July 3	Holiday Happenings	Christmas cookies, Easter eggs, and Halloween costumes. If you like to celebrate, now is the time!
4	July 5-10	Color Days	Bring your team spirit! Participate in team competitions and ongoing activities to see who will come out on top!
5	July 12-17	Around the World	Taste buds, are you ready?
6	July 19-24	Pirates	Ahoy, mateys! Set sail for a week of daring adventure as you search for treasure, master your sea legs, and join a crew of fearless pirates on the high seas of summer fun!
7	July 26-31	Art-Rageous	Get creative this week and celebrate art by diving into some special art projects and activities!
8	Aug. 2-7	Dazzling Decades	Let's dance, sing, and play our way through the decades this week!

Packing List

Girl Scouts—you should pack (or assist in packing) your own bag(s) for overnight camp so you know where all your belongings are located when you arrive at camp. You are responsible for your luggage during your time at camp. We recommend labeling all clothing and accessories to mitigate lost and found. The following packing list is a general guideline for a session of overnight camp. The amount you pack will be dependent on the length of your stay. If you are attending a travel or CIT II camp session, an individualized packing list will be made available to you prior to session check-in.

Adults—if your girl may have an overnight accident, please be sure to pack extra sheets and clothing.

Clothing

- 1 T-shirt per day
- 1 change of underwear per day
- 1 pair of socks per day
- 1 pair long socks
- 2 sweatshirts
- 1 pair sweatpants
- 2-5 pairs of shorts
- 1 pair long pants/jeans
- 1 swimsuit
- 1 beach towel
- 2 pairs closed-toe shoes (NO open-toe shoes are allowed at camp! Shoes should be comfortable and worn in. New shoes are not recommended as they can cause blisters.)
- 1 pair of shower shoes
- 1 pair water shoes or crocs (Water shoes need a back strap and good tread to use, so as not to slip.)
- 1-5 pairs of pajamas
- Rain jacket
- Hat

Personal Care

- Toiletry container/carrier
- Hair care products
- Soap/body wash
- Toothbrush and toothpaste
- Deodorant
- Menstrual supplies
- Sunscreen
- Bug spray

Linens

- Set of twin sheets
- Sleeping bag
- Blanket
- Pillow
- 1-2 bath towels
- 1-3 washcloths
- Laundry bag

Additional Items

- Reusable water bottle
- Backpack or slingback
- Flashlight
- Extra batteries
- Envelopes (pre-addressed and stamped)

Optional Items

- Sunglasses
- Disposable camera (not permitted at pool)
- Journal
- Playing cards or other game(s)

Items to Leave at Home

- Camp has a policy of no electronic equipment. This includes cell phones, electronic games, iPod/MP3 players, laptops/iPads, hair dryers, etc.
- Illegal drugs and/or drug paraphernalia, tobacco products and/or vaping devices, alcohol, knives, guns, or any weapon, fireworks or explosives, matches, lighters, or candles.

Needed Forms

You will be sent the needed forms after your registration is processed. All of your camper's forms will be filled out through Camp Doc, our online health platform. These forms are vital to providing the best possible camp experience. In the event you forget to submit a form, there will be copies available to complete at check-in. *These forms are required.*

Camp Information and Code of Conduct Form

This is an acknowledgment that your adult gives permission for you to attend overnight camp. This form allows you to disclose any health needs, medication needs, dietary needs, etc. This form also acknowledges your safety at camp. This form is an acknowledgment that you will abide by the Girl Scout Law and Girl Scout Promise during your time at camp. Failure to abide by the Camper Code of Conduct may result in dismissal from activities or camp.

Health History Form

This form provides the camp director and healthcare manager with any crucial medical information to ensure you have a safe experience at camp, as well as any needed information in the event of an emergency. You will provide any information about allergies, medication you take, etc.

Camper Information Sheet

This form is vital to a great camp experience! This form is shared with your unit leader and counselors before your arrival for them to better understand you, your interests, former camping experiences, and your hopes for your time at camp.

Camper Check-In/Check-Out Form

This form indicates who is allowed to pick you up at check-out. This form should be filled out by your adult. **The name(s) on this form must match the photo I.D. shown to the camp director at check-out. You will not be released to any individual not listed on this form.**

Adventure Course Release Form

This form allows you to participate in archery, swimming, and our challenge courses (low ropes, rock climbing, and ziplining)(camp session and age-dependent) during your time at camp.

Camp Procedures

Check-In and Check-Out

Check-In

Check-in time is at 2 p.m. for all campers. Early arrivals will be queued at the front gate until check-in time. Please see the start date in MyGS for your arrival day. Your Camp Director will reach out to you prior to camp starting to confirm your check-in day.

Upon your arrival at Camp Conshatawba, you will queue on the main camp road leading up to the green gate along the road. There, you will be greeted by a staff member who will direct you to a parking spot. Overflow parking will be available in the field. You will then go to the check-in table under the archery pavilion. **At this time, please leave all luggage in your vehicle until check-in and health checks are complete.**

At the check-in table, you will do the following:

- Greet the Camp Conshatawba staff. They will verify your name and camp session, collect any missing forms, communicate your living unit and unit leader for the week, and be available for any questions you may have.
- If needed, meet our camp healthcare manager to check in any medications and/or discuss any medical needs, communicate and confirm any food allergies, and ask any questions regarding health management or dietary needs.
- Complete your health check. This is to ensure the health and safety of our campers and includes a temperature check, scalp check for lice, and a check for hand, foot, and mouth disease. You **will not** be required to take out any hair braids or ponytails.
- Once your health check is complete, you may retrieve your luggage from your vehicle and load it into the designated luggage drop-off area with a staff member.

You will then be greeted by a camp staff member from your camp session and living unit who can answer any questions you may have and help you meet new friends. We play get-to-know-you games and do other activities during this time. This is your time to say goodbye to your adult!

Check-Out

Check-out time is 11 a.m. for all campers. Check-out will function the same as check-in.

The adult picking you up will:

- Greet the camp staff at the check-out table and present photo I.D.
 - **This I.D. MUST match the name(s) you have listed on your camper check-out form.**
- Greet your unit counselor and retrieve your luggage.

Living Accommodations

You will find out your living unit at check-in. Living units are determined by enrollment numbers and camp session activities. At Camp Conshatawba, we have the following living accommodations:

- Platform Tents at Shawnee and Seneca
 - Platform tents are large canvas tents that accommodate four Girl Scouts.
 - Each platform tent unit has four composting toilets available for use, and showers are nearby at the pool shower house.
 - Each platform tent unit has a pavilion and fire ring that you will utilize throughout the week.
 - Platform tents do not have electricity. We recommend packing fairy lights, lanterns, or other battery-powered lights to decorate.
- Rustic Cabins at Conestoga
 - Rustic cabins accommodate up to eight Girl Scouts.
 - Four composting toilets are available for use, and showers are nearby at the pool shower house.
 - The rustic cabin unit has a pavilion and fire ring that you will utilize throughout the week.
- Overlook and Boeing Lodge
 - Lodges include bunk beds and accommodate anywhere from 15-32 Girl Scouts.
 - Lodges include flush toilets and shower facilities.
- Primitive Camping (*This is specific to certain camp sessions and included in the session description.*)
 - Primitive camping utilizes pop-up tents assembled by you and your fellow Girl Scouts. Each tent accommodates 2-5 Girl Scouts.
 - Nearby bathroom facilities are available, and showers are nearby at the pool shower house.

Emergency Procedures

Camp Conshatawba has a comprehensive and extensive Emergency Action Procedure Plan that includes emergencies such as inclement weather/flooding, fire, missing camper, etc. A copy of this plan is available to review at check-in if desired.

Inclement weather such as thunderstorms does sometimes occur during camp. During a thunderstorm, all campers will be indoors until the storm passes and there is no thunder or lightning for 30 minutes consecutively.

If you have a personal or family emergency occur during your time at camp, your adult can contact customer care. At this time, an action plan can be made that includes talking about the emergency, arranging pick-up (if needed), and any other needs. Customer care can be reached at:

T: 800-248-3355

E: customercare@gswpa.org



What's the food like at camp?

While we do our best to rotate the menu to include new recipes, here are some menu items* you might see while at camp!

*Please be sure to note any food allergies/ dietary restrictions on your registration.

Breakfast

- Waffles
- Pancakes
- Sausage
- Bacon
- Cereal
- Yogurt
- Muffins
- Scrambled Eggs

Lunch

- Grilled Cheese
- Hamburgers
- Salad Bar*
- Chicken Tenders
- Deli Sandwiches
- Hot Dogs

Dinner

- Pizza
- Fried Rice
- Chicken Sandwiches
- Baked Pasta
- Salad Bar*

*Salad bar is available for every lunch and dinner.



Dietary Needs

If you have any dietary restrictions or additional dietary needs that are not listed on your registration, please reach out to customer care before your arrival. Meals consist of balanced options and alternatives (salad bar, sun butter and jelly, cereal, etc.). Vegetarian options are available at each meal. Gluten-free, vegan, and other options can be made available with advance notice.

Please refrain from bringing additional snacks or food to camp or packing them in your luggage. This is to prevent wildlife from intruding into your living space. Any food packed or brought by campers will be locked away inside our Dining Hall and returned at check-out.

Celebrating Birthdays at Camp

If you will be celebrating a birthday during your time at camp, a special treat from our camp staff will be provided for you and your unit to celebrate! Please remind camp staff at check-in about your upcoming birthday while at camp.

Electronics at Camp

Camp has a policy of no electronic equipment.* This includes cell phones, electronic games, iPod/MP3 players, laptops/iPads, hair dryers, etc. Electronic use during overnight camp greatly contributes to homesickness and thus affects your camping experience.

Camp Conshatawba and Girl Scouts Western Pennsylvania cannot be held responsible for items lost or stolen at camp. In addition, Camp Conshatawba does not have secure places for these items to be charged or stored. Any electronic devices will be confiscated, locked in the office, and returned to your adult at check-out.

*CIT 2s are allowed to have phone time on the weekend between camps. Otherwise, it is held in a lock box.

Lost and Found

Please label all items packed for camp with your first and last name. Any lost and found items from the week will be on display at check-out. Lost and found will be stored at camp until the conclusion of the camp season—August 11, 2025—with every effort to reunite lost items with campers. After this date, lost and found items will be donated or discarded.

Mail

Adults—mail is an important part of overnight camp, and campers look forward to receiving notes and letters from their friends and family. You may either leave mail at check-in (labeled with your camper's name and the day you would like them to receive it) or you can mail it ahead of time to camp. Do not include any food in any care packages or mail! **Please be sure to send items approximately two weeks before your Girl Scout's camp session to ensure their arrival time.**

Address mail to:

Camper Name
Camper Session
Camp Conshatawba
288 Oaks Road
Summerhill, PA 15958

Swim Check

During your first visit to the swimming pool, you will participate in a “swim check.” During the swim check, you are asked to swim across the pool and tread water. This determines if you can freely swim in the deep end of the pool. If you do not pass the swim check, that is okay! You can swim and splash freely in the shallow end of the pool. We encourage the girls to at least be comfortable in the water, as we swim every day. All camps always have a lifeguard on duty.

Photos of and Updates

Photos will be taken during camp of you participating in various camp activities. These photos will be uploaded to the Rallyhood page throughout the week. (Your adult will receive an email invite to this page.) Updates and fun tidbits about your unit and session will also be shared on Rallyhood. Due to extremely limited internet service and a busy schedule, camp staff do their best to upload photos and updates as often as possible.

Trading Post

Camp Conshatawba has a camp store that we call the Trading Post. You will visit the Trading Post at least once during your stay at camp. The Trading Post has items like camp T-shirts, sweatshirts, ice cream, stickers, playing cards, etc. that range in price from \$3 to \$40. Adding money to your trading post account is optional. We recommend about \$25/week. To provide a smoother and safer service, overnight camp is going cashless. You can use our [virtual Camp Trading Post](#) to deposit funds or elect to use Girl Scout Bucks or Indie Girl Scout Program Rewards. Money of \$1 or more that is not spent during the week will be returned in the form of a gift certificate.

Travel Programs and Transportation

There will be a specific packing list for travel programs that will be sent separately, along with a detailed description of the agenda. In case of an emergency, your adult will be provided with a number to contact camp that will be forwarded to the staff on the travel program.

Vehicles will be provided, and they undergo an inspection before every use in accordance with ACA procedures.

Additional Questions

If you have additional questions regarding your time at camp, you can visit our [FAQ page](#).